

Healthcare Pathways

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for students,
by students

Healthcare Pathways Returns

Welcome! At our readers request and many inquiries, we are happy to announce the return of Healthcare Pathways. It's been three years since our last publication. Throughout this period, we've heard how past articles inspired students and second career individuals to pursue health careers. We've also learned how valuable Healthcare Pathways is as a shared resource for communicating health workforce needs in underserved areas and communities in California. We want to build on the success that Healthcare Pathways had in the past. We are committed to making sure that Healthcare Pathways is a biannual e-newsletter that adds value to our large base of readers. In this regard, we welcome any suggestions and/or feedback about our articles or for future issues at: jmontoya@oshpd.ca.gov

We look forward to hearing from you!

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Song-Brown, Expanding Healthcare Training Opportunities

Governor Arnold Schwarzenegger recently announced the awarding of \$1.35 million to support six family nurse practitioner (FNP) training programs, four physician assistant (PA) programs and two combined FNP/PA programs through the Song-Brown program. The Song-Brown Act was established in 1973 to increase the training of Family Practice (FP) physicians and PAs and to improve access to healthcare in medically underserved areas of California. In 1978, the FNP profession became eligible for Song-Brown funds. Family Practice Residency Training programs, PA and FNP training programs' use of funds include, but are not limited to, increasing the size of their programs, curriculum development and program maintenance. The following PA and FNP training programs are the most current recipients of Song-Brown funding:

Azusa Pacific University
FNP Program — \$62,535

California State University, Long Beach
FNP Program — \$139,411

Charles R. Drew University
PA Program — \$98,523

Riverside Community College
PA Program — \$69,836

San Joaquin Valley College
PA Program — \$62,350

Sonoma State University
FNP Program — \$156,112

Stanford University
FNP/PA Program — \$196,422

U.C. Davis
FNP/PA Program — \$279,941

U.C. Irvine
FNP Program — \$44,930

U.C. Los Angeles
FNP Program — \$69,836

U.C. San Francisco
FNP Program — \$64,222

USC
PA Program — \$106,391

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A Head Start for a Career in Medicine

For students who envision a future in medicine comes the opportunity of a lifetime. Last fall, the Sacramento City Unified School District, a leader for a new generation of small, focused high schools, opened the Health Professions High School (HPHS). When the first wave of HPHS students graduate in 2009, not only will they have a strong foundation in health education that will be desirable to recruiting colleges, but they will have the internship experience that many aspiring medical students acquire after they have earned their college degree. This is because HPHS requires three science-based courses per year, as well as, two years of internship experience.

Unlike other high schools that only offer health career programs, HPHS tries to tie each of its courses to the medical field. For instance, their physical education program focuses on alternative approaches to disease prevention including yoga and Pilates.

The most beneficial aspect of the newly introduced educational program is its network of professionals that students can call upon, even after they graduate. Some of the sponsors of HPHS include Shriners Hospital, Sutter Healthcare, Catholic Healthcare West, and the Office of Statewide Health Planning and Development. In addition, the faculty has pledged itself to the students by offering advice on the curriculum and providing career-building opportunities for the students that will extend into their futures.

HPHS also offers leadership building programs which utilize the Health Occupation Students of America (HOSA). HOSA develops community-oriented and career-related activities, such as, regional and statewide conferences for leadership training and chapter management workshops. Through HOSA's competitive events, students are able to test and challenge their skills in various health occupations. Students also have the opportunity to interact with various

professional organizations, creating a good rapport and building a foundation for professional relationships that will aid in advancing their future careers.

For those students who have yet to enter high school, HPHS has partnered with Jedediah Smith Elementary School to provide cross-age tutoring for the elementary students. The younger students receive help in various subject areas while the high school students develop their interaction and teaching skills.

"We are very proud of all our students and staff – they are building one of the finest small high schools in the nation – one day at a time."

~Matt Perry, Principal

HPHS students are on their way to becoming highly adaptable professionals, with the necessary skills and effective work habits, that can be attributed to their rigorous training and extensive education. Applications are currently being accepted for the 2006/2007 school year, which is open to all students, including those outside of the Sacramento City Unified School District. They are expecting to add 150 students annually and plan to serve about 500 students total. Beginning Fall 2006, HPHS will move out of the portable buildings they currently use and into a \$15 million facility. HPHS is located on 451 McClatchy Way in Sacramento, south of Broadway near I-5.

For more information please visit, <http://schools.scusd.edu/healthprofessions/>.

Artistic rendering of the new Health Professions High School



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Don't Let Finances Get in the Way of Your Education

Do you want to be a doctor, dentist, nurse practitioner, or a clinical psychologist? Don't let the lack of resources keep you from realizing your dreams. Those primary care disciplines, plus many others, are eligible for a wonderful program that will help you pay off your educational loans and realize your career goals. The National Health Service Corps/State Loan Repayment Program (NHSC/SLRP) is a federally funded, state administered program that can do just that, and the next open application period is coming soon!

How much can I get?

This program pays up to \$50,000 to your lenders in return for a minimum two-year commitment to provide healthcare services in a Health Professional Shortage Area (HPSA). Or, sign up for the maximum four-year period and receive up to \$120,000. Any government or commercial loan used for your education is eligible for repayment.

What is a HPSA?

It is a federally designated urban or rural location that has a low population to physician ratio and access barriers to providers in surrounding areas. Eligible clinics located within HPSAs are listed, by county, on the NHSC/SLRP Web site. Look for the Certified Eligible Site List, as well as all eligible health professions disciplines, and application instructions.

What are the requirements?

You must be a U.S. citizen, be free of obligations (other loan programs, military, etc.) and judgments (arising from federal debt), work 40 hour per week, and be current on any child support payments.

When can I apply?

You must have completed your education, have a California license to practice your profession, and be employed at an eligible site.



Check out the NHSC/State Loan Repayment Program Web site at www.oshpd.ca.gov/hwcdd/stateloan/index.htm for a list of all eligible health professions disciplines, current application, and complete instructions.

**OPEN APPLICATION PERIOD FOR 2006/2007 FUNDING CYCLE
BEGINS 8/1/2006 ~DEADLINE 10/1/2006**

...Song-Brown, from page 1

As a condition of the Song-Brown application, the training programs are required to provide data on the number of their graduates who practice in underserved areas, the training sites located in underserved areas and the number of underrepresented students trained. This information is used in conjunction with other criteria to determine which of the training programs will continue to be awarded Song-Brown funds.

Governor Schwarzenegger recently added \$2.725 million to Song-Brown for nursing programs in order to alleviate the nursing shortage in California. The funds will be used to support the education of an estimated additional 204 registered nursing students.

For more information, check out the Song-Brown Web site at:
www.oshpd.ca.gov/HWCDD/manpower/songbrown.htm.

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A New World of Opportunities

Slavic immigrant Svetlana Novakovsky never imagined that she would one day be working alongside the very nurses that had assisted her with the birth of her three children at Sutter Memorial Hospital. Yet eight years later, that is exactly where she found herself.

Svetlana first arrived in the United States in October of 1990, with her husband and two young daughters. Within a year she became pregnant with her first son; the pregnancy lasted longer than the usual nine months and the labor was surrounded by complications. To make matters worse, Svetlana was unable to communicate with the hospital staff due to the fact that she could not speak a word of English. Throughout the entire

experience, she could not help but take notice of the great personal care she received from the nurses, all of whom were very gentle and friendly. Svetlana, having previously been a nurse herself in the Ukraine, was determined to find a way into the profession again. She wanted to provide the same care and comfort to patients that the nurses at Sutter Memorial had given to her.

Although it took a great deal of time and effort to re-enter the nursing profession, Svetlana felt fortunate for all of the support and resources that were available to her. The most valuable of these resources being guidance counselors who helped her to outline and execute an educational plan. They assisted her in everything from

English as a Second Language classes to acquiring an internship at Sutter Memorial Hospital.

Like many students, Svetlana began her training by completing her general education requirements at a community college. She was able to attend to her family responsibilities as well as her education by taking advantage of services such as the free day-care offered at the community college.

Upon the completion of her general education courses, Svetlana transferred to California State University, Sacramento (CSUS) to complete her duties. The transition from a small local college to a major metropolitan university proved to be a great challenge. While the extent of

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Getting Into Nursing School

In the midst of California's nursing shortage, the lack of openings within nursing programs has continued to hinder the acceptance of enough students needed for its resolve. In fact, of the estimated 325 students that applied to CSU, Sacramento's (CSUS) nursing program last year, only 63 were admitted. Indeed, the scarce capacity results in very competitive requirements for the overabundance of applicants. So what makes a student desirable to these programs? The bottom line is exceptional grades and previous related experience.

The minimum requirement to get into a typical nursing school includes a moderate GPA (3.0 minimum for CSUS) in addition to various science-based course and lab prerequisites. Just meeting the minimum won't guarantee admittance though. According to CSUS, of the 63

applicants selected, the average GPA was 3.722; a far cry from the 3.0 requirement.

Good grades and a high GPA is noteworthy, but that alone won't always be enough to distinguish yourself from the competition. Many students find it necessary to volunteer or find work in the medical field to gain further experience outside of their classes and set themselves apart by enthusiastically displaying a desire to join the workforce. Not only does it convey to an admissions panel the applicant's drive and eagerness but it also reveals a sincere interest in the medical profession. Under the Division of Nursing page (www.hhs.csus.edu/NRS/links/volunteerdb.asp) on the CSUS website, volunteer opportunities are listed, ranging from locations such as Asia, Africa, Europe, and the Caribbean Islands. Students who are looking for local opportunities can

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...A New World of Opportunities from page 4

most students' responsibility included deciding where to have dinner, she was thinking about what and when she would prepare dinner for an entire family. She found herself spending more time than other students in preparing for diagnostics exams, which were review for most but required a great deal of effort on her part to pass.

After being rejected twice, her determination and persistence finally paid off when she was accepted in the nursing program at CSUS. Upon entering the nursing program, she was given the opportunity to intern at a local hospital. Svetlana was delighted to discover that she had been granted her first choice of Sutter Memorial Hospital, in the maternal newborn section. A year and a half later she was offered a permanent

position at the hospital, which Svetlana describes as a "dream come true."

Looking back, Svetlana says she feels fortunate and blessed. Not only did she have her family and friends for support but she also received a great deal of aid from government financial aid and financial assistance from various foundations. A good portion of her educational costs were also covered by programs such as Cal-Grant, the Vera Kohler Scholarship and the Sacramento State Faculty Merit Scholarship. In addition to financial aid, Svetlana also benefited from the Equal Opportunity Program and the availability of guidance counselors who helped to steer her in the right direction. Sutter Memorial is currently ranked among the top 100 hospitals in the nation, boasting an



Svetlana Novakovskiy R.N.

incredible staff, competitive salaries, great benefits and opportunities for growth. For this reason, Svetlana feels privileged to get up and go to work every morning. She is amazed at all the opportunities and assistance that she received, even as an immigrant, in helping her to become a medical professional.

Scholarships and Grants

Herbert W. Nickens Medical Student Scholarships

www.aamc.org/about/awards/nickensscholarships.htm

Indian Health Service Scholarships

www.ihs.gov/JobCareerDevelop/DHPS/Scholarships/Scholarship_index.asp

Latino Medical Student Association

www.lmsa.net/scholarships.htm

American Dental Association (ADA)

www.ada.org/ada/prod/adaf/prog_scholarship_prog.asp

Gates Millennium Scholars Program

[www.gmsp.org/\(k14qxurrot2ebjvsfspd413i\)/default.aspx](http://www.gmsp.org/(k14qxurrot2ebjvsfspd413i)/default.aspx)

The HSF/Camino al Exito Program

www.hsf.net/scholarship/programs/camino.php

Hispanic Scholarships Fund (HSF)

College Scholarship Program

www.hsf.net/scholarship/programs/college.php

American Indian Graduate Center

www.aigc.com/other-funding-opportunities/scholarship.html

American Indian Education Foundation

www.aiefprograms.org/scholarshipapplication.htm

Allied Healthcare Scholarship

www.healthprofessions.ca.gov/progfacts.htm

Health Professions Education Scholarship

www.healthprofessions.ca.gov/progfacts.htm

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Three Steps to Developing a “New You”

Problem: We live in a fast-paced generation. We have instant access to nearly everything. But we’re quickly reaching the point where our bodies can no longer keep up with our fast-paced lifestyles, leaving us little time to take proper care of our health.

Solution: A simple 3-step process can greatly improve your health and reduce the possibility of illness and disease. Incorporate a healthy diet, an adequate amount of sleep, and physical activity into your lifestyle.

Step One: Eat Right

☞ **No more fad diets.**

The diet industry pulls in over \$6 billion a year from dieters. If these diets proved effective, then figures would fall rather than rise.

☞ **Prepare & monitor your food.**

Homemade meals allow you to monitor what and how much goes into your body.

☞ **Hydration, it makes sense.**

Many times dehydration is confused with hunger. The next time you feel hungry, drink a cup of water. It may help avoid unneeded calories.

Step Two: Sleep is Underrated

☞ **Increase sleep, decrease stress.**

Getting enough sleep is vital for your health and productivity. More sleep means more patience and less stress.

☞ **Improve your focus.**

Sleep deprivation may interfere with your ability to focus by decreasing attention and vigilance by 50% and memory by 30%.

☞ **Respect your bedtime.**

Sleep will do you more good than last night’s episode of CSI. Planning out your evening can help you get to bed on time.

Step Three: Get Active

☞ **Add more steps.**

We spend most of the day sitting, whether at school or work. Add a few extra steps by taking the stairs and parking your car further away from your destination.

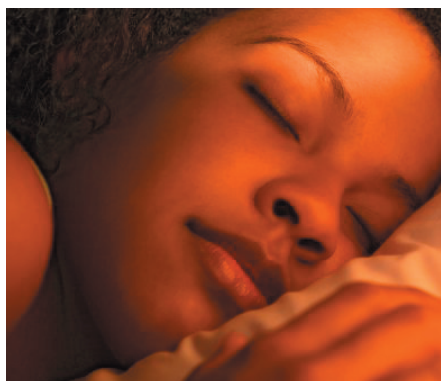
☞ **Solution to stress: exercise.**

Ironically enough, something as simple as stretching can release built up tension.

☞ **An increase in physical activity equals a boost in metabolism.**

Muscles burn more calories than fat. Increased physical activity will help to increase muscle mass, therefore improving your metabolism.

Changing your lifestyle is the key to improving your health. Unhealthy eating habits, lack of sleep, and a lack in physical activity have been tied to high blood pressure, heart disease, and Type Two diabetes. How much are you willing to invest in a life that is free of illness and disease? Taking advantage of these steps will help you to live a long and healthy life.



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Proofreading Tips

Imagine this: your teacher is passing back your essays in class. You receive your paper, only to find it marked-up (in red ink, of course). You read the comment left by your instructor, "I asked you to address the issue with Public Connection. Your omission of the 'l' changes the whole meaning." Believe it or not, this has happened. It's during moments like these that you learn to embrace the concept of proofreading. It may not be the most entertaining way to spend your time, but it's definitely worth the investment.

Print and Wait:

Don't read your paper directly on the computer screen. Allow your eyes to adjust to the printed version. Don't read it immediately after printing it. Set it aside, take your mind off of it, then come back to it later.

Read Backwards:

Read each sentence separately from the end of the paper to the beginning. That way they won't run together, and the endings of words (-ing, -s, -ed) will stand out.

Fun Font:

Change the font, style and size of your text. The purpose is to change the way it looks so that it's less familiar.

Read Aloud:

Hearing what you've written is different from reading it. You may catch things that initially appear fine, but sound confusing when read back.

Homonyms:

Pay special attention to words that have the same pronunciation and spelling as other words, but have different meanings, such as: affect/effect, accept/except, conscience/conscious, to/too, whose/who's, there/their. If you know

you have a problem with one of these, use the search and replace function to locate the word throughout your essay and double-check its use.

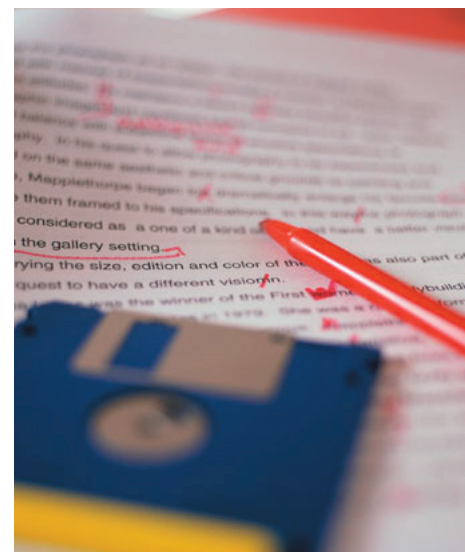
Check It:

Don't forget to check the spelling and grammar. You may have missed a few red and green squiggles, so make the effort to hit F7 or the "Spell Check" button.

Get an Editor:

Have someone else take a look at your paper. A new set of eyes could catch the mistakes you may overlook. Someone who hasn't read the paper doesn't know what to expect. Their minds won't automatically skip over the mistakes yours does.

Admittedly, proofreading can be a lengthy process. However, when it comes to medical school or scholarship applications, it can prove to be highly



beneficial. Catching small errors can facilitate by helping get your point across more clearly while lending a professional appearance.

..Getting into Nursing School, from page 4

check with nearby hospitals. Volunteer and paid positions are always available.

Affiliation with medical organizations on campus is an important way to make contacts in your prospective field and build a reputation as an involved and serious potential candidate. Sigma Theta Tau International Honor Society, a leader in the nursing community which is currently comprised of hundreds of members, will be celebrating its 25th anniversary next year. Yearly membership recruitment takes place each Spring, between February and April. Their vision is to create a global community of nurses who lead in using scholarship, knowledge and technology to improve the health of the world's people. The Honor Society continues to induct qualified members every Spring.

So what it comes down to is a well rounded student. Nurses are expected to handle many of the obstacles they encounter daily with the knowledge and skills imparted through their training. Experience and exposure to the field early in their training prepares them for many of the challenges that lie ahead. Although the programs may be difficult to get into, they also ensure that the students involved are serious and devoted to the medical industry. So, if you're looking into Nursing, don't be discouraged by the process. Governor Arnold Schwarzenegger recently signed several bills that aim to increase the capacity of California nursing programs. Keep developing your skills and one day you too will find yourself in the nursing career you've been dreaming of.

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Study Group Benefits

There's nothing like getting to answer an exam question, just minutes after discussing it in class. The person who asked it before the exam is suddenly a little less irritating. But, it doesn't change the fact that you fell asleep while studying the night before and that this one question probably won't carry you through the rest of the exam. So, how do you study for a subject this boring, when even coffee doesn't keep you up? That's where study groups come in.

The reason many professors assign group work is because group study enhances students' performance in class and on tests. It forces students to change their bad study habits. They are less likely to put off doing the assignment because other students are depending on them. They also have to become more organized and focused. Although distractions could easily interrupt the studying, there is usually at least one person who will notice it and

get the group back on track.

Studying in groups is effective in many ways. First of all, it opens the minds of the individuals to many different perspectives. It forces them to think "outside the box." Rather than simply reciting the facts, they take it a step further and ask "why." Secondly, the individuals have to verbalize their knowledge and opinions. This makes it easier when it comes to the essay portion of the exam because they've practiced explaining their reasoning. It also builds their communication skills, which comes in handy during class presentations and job interviews. Finally, the ability to recall information during the test day is a lot easier when the information was heard rather than read. Most people only remember a fraction of what they read, yet they remember most of what they hear. That's why educators use the lecture approach (with plenty of visuals) when they are teaching.



Overall, the efficiency of study groups depends on the student. Some actually learn better in an isolated, quiet atmosphere. However, a study group is definitely worth a try. So, if you are desperately trying to figure out a way to get the information printed in the text book into your head, call a few classmates and schedule a study date at Starbucks. It could be exactly what you need to finally get that "A."

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We welcome contributions. Mail us your ideas, letters, announcements, or stories today! Announcements of scheduled events to be published must be mailed to our editorial office four months in advance. Be sure to include your name, address, and phone number on all correspondence. The *Healthcare Pathways* editorial staff reserves the rights to edit all material.

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